



Here are tips to help look after your mental health during this current situation. If you would like further information about any of the services or how to contact them please contact the NHSCT Macmillan Information and Support Service Tel: 028 9442 4000 ext. 334046 / 333079 or 077 9584 5435 or Email: [CancerInformation@northerntrust.hscni.net](mailto:CancerInformation@northerntrust.hscni.net)

### Connect



Connect with the people around you. We are all in this together. Consider making a daily telephone call to family, friends or neighbours. You can also text others or do a video link like FaceTime, WhatsApp, Messenger or Skype. We can also help to get you registered with a Good Morning scheme, Macmillan Telephone Buddy ([www.macmillan.org.uk/telephonebuddies](http://www.macmillan.org.uk/telephonebuddies)) or other support scheme in your area that would make regular contact with you.

### Stay Active



Exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity, however there are also lots of online options that you can pick and choose from.

In addition, the Macmillan Move More team, who are a cancer specific team, are based at all local leisure centres and would be happy to give you a call and discuss different ways of being active that would suit you personally. Here are the details of your local teams:

Move More Project	Co-ordinator	Contact Details
Antrim & Newtownabbey	Alan McCausland	075 8765 7488 <a href="mailto:movemore@antrimandnewtownabbey.gov.uk">movemore@antrimandnewtownabbey.gov.uk</a>
Causeway Coast & Glens	Catherine Bell-Allen	075 9739 9765 <a href="mailto:Move.more@causewaycoastandglens.gov.uk">Move.more@causewaycoastandglens.gov.uk</a>
Mid & East Antrim	Aaron Irwin	079 3963 4434 <a href="mailto:Move.More@midandeastantrim.gov.uk">Move.More@midandeastantrim.gov.uk</a>
Mid Ulster	Conor Fox	077 8868 2163 <a href="mailto:movemore@midulstercouncil.org">movemore@midulstercouncil.org</a>



### **Take notice**

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.



### **Keep learning**

We are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.

Why not take time to read that book you always planned to - consider registering with your local library who offer hundreds of ebooks for free.



### **Give**

We are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.



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